



Slow: Mouth-watering Recipes for the Slow Cooker and Crockpot

By Allyson Gofton

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Celebrity cook Allyson Gofton gives us her own special take on slow-cooked food, sharing over 180 of her favourite recipes for the slow cooker or crockpot. With chapters on soups, main meals (beef, lamb, pork, chicken and vegetarian) and desserts, Slow is packed with meals your family will enjoy all year-round.

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